

Abstract

- Title:** Programmatic systems of selected techniques in the parkour
- Goals:** The aim of this work is describe of selected techniques in parkour and to register their training exercises.
- Methods:** For the creation a set of exercises was used especially observation method for four years period of time. The monitored subjects were coaches ,their students and also individual traceurs men and women agend 8-45 years, different level of physical fitness. These subjects participated in guided lessons, workshops, unorganized training, multi-day events and internatinal events. Based on observation of coach teaching and learing process, the method or the results of the performance of their students, a detailed description of the techniques and a set of training exercises was created.
- Results:** In total, five selected techniques were analyzed and twenty-five training exercises were registred. Techniques and training exercises are captured in the form of photographs.
- Keywords:** parkour, freerunning, parkour history, parkour training, parkour coaching